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NEWS WORTH SHARING.

JAY AND BEY ARE ON THE RUN, AND SO ARE THE RUMOURS

SOURCES SUGGEST THE COUPLE'S UNION MIGHT NOT LAST AS LONG AS THEIR CURRENT CONCERT TOUR

PAGE 19

New drug being used in fight against Ebola

Two American aid workers infected with the virus are being treated with the novel medication PAGE 8

Palestinians, Israelis agree to 72-hour truce

Both sides on Monday accepted an Egyptian ceasefire proposal PAGE 12

Serious dog bites, euthanizations on the decline

Owner outcry.
Officers too quick to lay blame on dogs, some owners say

Severe dog-bite incidents have made waves in Calgary in recent weeks, but the number of vicious-animal investigations and euthanizations is actually down sharply compared to last year, according to city data.

To the end of June, officers had launched 23 vicious-dog investigations and euthanized 14 animals. Over the same period in 2013, 51 investigations had been launched and 26 animals had been put down.

The decrease comes despite a slight uptick in the total number of biting incidents, the majority of which were classified as non-serious.

This year, 109 people have been bitten by dogs and the exact same number of animal-on-animal bites have occurred. In 2013, 90 people had been bitten through the first six months, as had 96 animals.

"We're always going to have dog bites," conceded Doug Anderson, a co-ordinator with the Calgary Animal and Bylaw Services. "But what we hope to do is continue to work with people, continue to teach them the signs of a dog being aggressive, the signs of a dog that may be fearful."

Still, a handful of dog owners who face charges in relation to biting incidents this year have been quick to level criticism at city officials.

Brendan Halge's French bulldog Athena was put down after, he says, a young girl living next door got too close while the pooch was gnawing on a bone.

The youngster suffered severe injuries to her face, but even her guardians told Metro that Athena should have been spared.

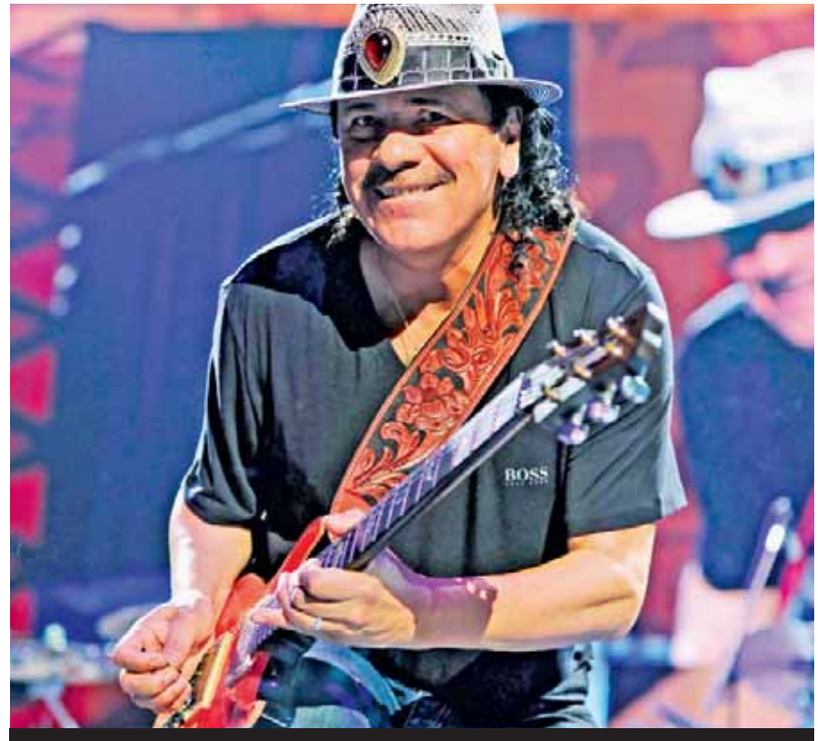
Jim Forbes, meanwhile, said he plans to fight in court for his Labrador cross, Odin, who was seized after biting a seven-year-old on the face. Forbes claims the child cornered and tackled the dog before it lashed out.

Halge said more consideration should be given to the stress an animal is under when it bites.

But Anderson said the owners still have to take responsibility for the actions of their pets.

"Even if the victim has done something wrong, does that make the owner not responsible?" he said.

JEREMY NOLAIS/METRO



BLACK MAGIC MUSICIAN

Carlos Santana brought his legendary guitar skills to the Saddledome Monday night, opening for Rod Stewart as part of The Voice. The Guitar. The Songs. Tour. They hit Edmonton Tuesday night.

CANDICE WARD/FOR METRO

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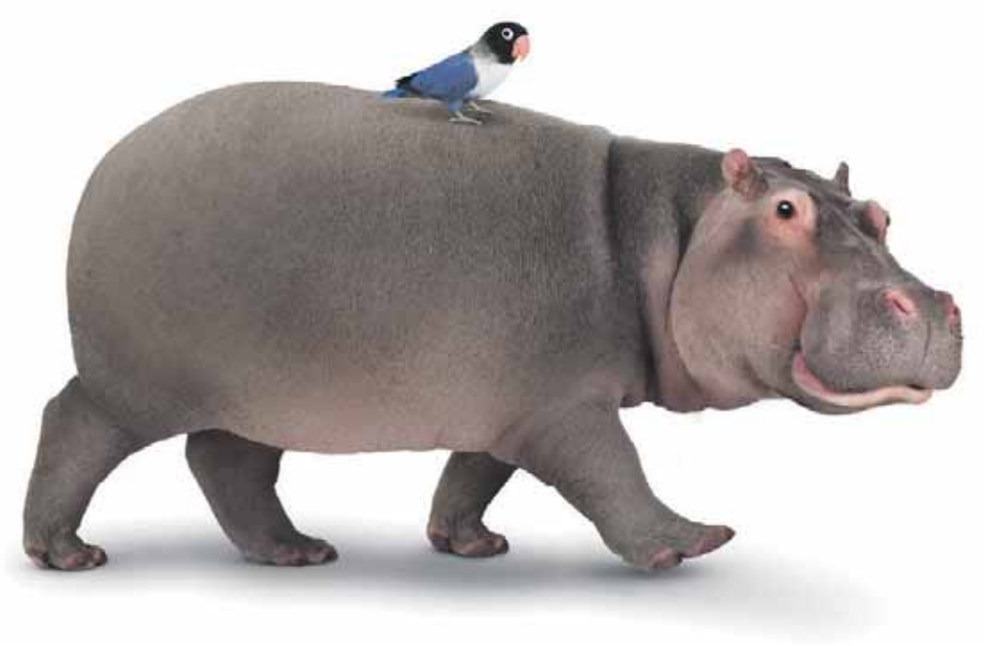

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Highway 1A

Two seriously injured in crash

Two people suffered life-threatening injuries after their motorcycle crashed into a pickup truck on Saturday night just west of Cochrane, according to police

The crash happened on Highway 1A at about 8:30 p.m.

Investigators believe the motorcycle crossed the centre line and struck the truck, throwing both the driver and passenger from the bike.

Both were taken to hospital in Calgary with serious, life-threatening injuries, according to police.

The driver of the truck was not seriously injured and released at the scene.

"Alcohol is suspected to be a factor in the collision," RCMP Sgt. Jeff Campbell said in a release. METRO

Olds

Woman struck by freight train

A train hit a young woman who was sitting on the tracks in Olds early Saturday after a night of drinking, according to police.

The 18-year-old was sitting on the railway with her boyfriend at about 3 a.m., according to Olds RCMP, when the CP Rail train came bearing down on them, blowing its horn.

The pair tried to move out of the way but the woman was "struck by the front step of the train," Sgt. Joe Sangster said in a release.

She suffered serious but non-life-threatening head injuries.

Alcohol was a factor, Sangster said. METRO

A black bear like this one was shot dead Sunday after it retaliated against a hunter. ROBSON FLETCHER/METRO FILE

Injured black bear mauls hunter, 60

Smoky Lake. Man shoots bear, bear attacks man, hunter shoots bear again

A hunter is recovering in hospital after being mauled by a bear he shot outside of Edmonton on Sunday.

The 60-year-old man had been hunting for black bears on private property in the Smoky Lake County area.

According to Alberta Fish and Wildlife officers, the man had permission from the land's owner to hunt on the property when he spotted and shot a 250-pound male black bear.

"He saw a bear. He shot the bear. It didn't go down right away. He followed the wounded bear, by himself … and the bear turned on him and got a hold of him," said Mike Ewald, an Alberta Fish and Wildlife investigator.

"While the bear was attacking him, had a hold of him, he managed to shoot the bear and finish the bear off."

According to Ewald, the man was underneath the bear and "in the bear's mouth" when he got off the fatal shot.

With severe injuries to his right arm, Ewald said the man walked out of the bush to get help. Shortly after 10 p.m. he was air lifted to an Edmonton-area hospital, and he underwent surgery Monday.

While the circumstances under which the bear was shot were legal, Ewald said the hunter could have been a lot smarter.

Ewald recommends using common sense, including carrying bear spray, to prevent and mitigate encounters with the wild animals.

LEAH GERMAIN/METRO IN EDMONTON

String of attacks

Sunday's attack was the latest in a string of violent bear incidents in the province.

- The most serious incident happened in May, when a Suncor employee was killed by a black bear near the company's oilsands base north of Fort McMurray.
- Fish and Wildlife officer Mike Ewald said Sunday's incident could have been avoided if the hunter had followed recommended bear-hunting practices.

Blabby cabbies urged to put away cellphones on the road

'Zero tolerance.' City's chief livery officer says breaking the rule on chatting on the job will land drivers in court

JEREMY NOLAIS
jeremy.nolais@metronews.ca

This friendly neighbourhood cab driver was using his phone while parked, but others appear to spend a great deal of time chatting even though customers are on board. BRYAN WEISMILLER/METRO

Talkative taxi drivers are being told to stash their cellphones and hands-free devices while driving customers around Calgary.

In fact, violating such an important customer service and safety rule will land a driver in court, according to the city's chief livery officer.

"Our bylaw and any time the passenger is in the taxi (is) zero tolerance ... this is a mandatory court appearance," Halat said in an email to Metro. "It is very serious so let the judge impose the penalty."

But it appears many cabbies aren't taking the rules seriously, as the results of a recent customer service study commissioned by the Taxi Limousine Advisory Committee saw 61 per cent of customers report that their driver was on the phone.

Heather Meadows, a Calgary-based soft-skills specialist who teaches courses specifically dealing with etiquette and manners, said she's been frustrated by cabbies who are more focused on their mobile phones than on getting her to her destination.

"That's not appropriate; that's not good customer service," she said.

"When you're in a business environment, it should be kept to the business environment."

Rupinder Gill, president and driver at Calgary United Cabs, said he does field calls from his family while rolling on city streets, but it's only to determine if there's an emergency.

"If it's a simple call, I'll just tell them I'll call them back," he said.

Gill said he was well aware of the bylaw rules on cabbie phone use and said the results of the survey "are not very good."

"Some drivers have a bad habit ... there are some bad apples," he said.

Show asks Calgarians to prove they're the wheel deal

A new TV series aims to settle the question: Who's better behind the wheel? CAROLYN KASTER/THE CANADIAN PRESS FILE

Alberta drivers are being summoned to take part in a new TV series that could pit husbands against wives, brothers against sisters and parents against sons to see who's better behind the wheel.

Producers of Double Dare Drivers have put out an open casting call for motorists of all skill levels to take part.

"Everyday drivers have an opportunity to put their skills to the test on a closed course," said Lisa Cichelly from Hummingbird Pictures Inc. "One person will leave with a grand prize in each episode."

Cichelly said the casting call is for outgoing and confident personalities of all skills.

"Someone who is more soft-spoken who is applying as a competitor should sell us on their driving abilities in their casting video," she said.

Calgary's Corkscrew Media is producing the series, which would pit drivers against each other as they compete in a series of challenges, obstacle courses and short races, Cichelly said.

"Cars will be outfitted with all the usual safety standards of regular racing cars, with harnesses," she said. "It's an opportunity for amateurs to realize a dream in some cases. And for others, maybe to finally prove a point back at home about the fact they're not so bad behind the wheel after all."

Each episode will take two or three days to film, though the number of episodes and television broadcaster are being kept confidential.

Applicants must possess a valid driver's licence, be between 18 and 55 years of age and submit a short video introduction to Corkscrew Media at info@corkscrewmedia.net.

The deadline is Aug. 15.

JESSICA PATTERSON/FOR METRO

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Stampede Showband extends streak

Third victory in a row. Calgary Stetsons Showband also nets top marks in global contest

JESSICA PATTERSON
calgary@metronews.ca

For an unprecedented third year in a row, the Calgary Stampede Showband has taken home the top title at the World Association of Marching Show Bands championship.

The group emerged victorious Sunday night in the finals of this year's competition, held in Braganca Paulista, Brazil.

"We never expect to win but we're looking to have a great performance," band director Aaron Park said Monday from Rio de Janeiro. "For the band, it means a great end to the hard work of all the members and hours of dedication and rehearsal."

The band faced off against 11 other teams, including the Calgary Stetsons Showband, which finished second in the field show finals. The Stetsons also took first place in the parade portion.

Bands were judged on music, visuals and the overall effect of the production, Park said.

The band's show, Aurora, is about the birth of light and features a "collage of colours and movement and sound," Park added.

"It was an exciting atmosphere in the stadium; there was an electric crowd," he said. "Even before the winners were announced, the response from the audience … was an experience in itself."

The Calgary Stampede Showband performs in Brazil during their visit for the World Association of Marching Show Bands championship. FACEBOOK

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Province blanks out energy hearing docs

The Alberta government has refused to release documents on its decisions about who gets to speak at public hearings on energy development.

The issue of public input has generated increasing concern and at least one court case.

The Canadian Press filed a freedom-of-information request nine months ago seeking paperwork on eligibility to speak at Alberta Energy Regulator hearings. The request yielded 260 pages of correspondence, reports and briefing notes. Every page was blank.

"A package consisting of 260 pages with no disclosure" is how Alberta Environment's freedom-of-information office described the release in a letter received last week.

The request was made after a judge ruled in late 2013 that the department wrongly refused to grant an environmental coalition the right to appear at a hearing into a proposed oilsands development.

The judge concluded that documents from a disclosure hearing suggested the group was shut out because of its critical stance on the oilsands.

Since that ruling, environmental groups and First Nations have been denied standing to speak at public hearings at least nine times.

Wade Clark, director of policy and regulatory alignment for both Alberta Environment and Alberta Energy, said all documents were kept secret because they could reveal how legislation creating the energy regulator was developed.

"The various drafts of the legislation … (are) the type of thing that's routinely not disclosed," Clark said. "As I interpreted the request, it related more to the deliberations during that time frame, which related to the (new) regulations and rules."

No attempt was made to clarify the request during the months-long wait. Clark suggested the ruling could be reconsidered. THE CANADIAN PRESS

Oxymoronic?

"Only in Conservative Alberta would a public body, tasked with consulting the public, in public, keep its rules around how to do that secret."

Rachel Notley, Alberta NDP Environment Critic

High River

RCMP seek help identifying body pulled from creek

High River RCMP recovered a body from Lineham Creek on Monday morning and are asking the public for help in identifying it. The body was found near the foot bridge over the creek and has since been turned over to the Office of the Medical Examiner in Calgary. METRO

WWI centennial: Reconciliation at heart of European leaders' gathering

Peace. Old enemies come together to remember the 14 million who lost their lives in the First World War

Former enemies united Monday to commemorate the 100th anniversary of the start of the First World War, with Belgium, France, Britain and Germany standing together in the spirit of reconciliation.

Belgian King Philippe and Queen Mathilde welcomed German President Joachim Gauck under cloudy skies for the late-morning ceremony at the Cointe allied memorial amid pomp and military honour.

During the ceremonies, the former enemies sat united, listening and applauding each other's speeches.

Germany invaded neutral Belgium on Aug. 4, 1914, as part of a planned attack on France. By nightfall, Britain had joined the war.

The war wasn't expected to last long. But instead of weeks, the continent was plunged into conflict for over four years, leading to millions of lost lives.

The conflict lasted over four years, ending on Nov. 11, 1914.

THE ASSOCIATED PRESS

AUGMENTED REALITY

→ Scan the image with your Metro News App to view a gallery of the many 2014 celebrations commemorating the 100th anniversary of the beginning of the First World War from around the world.

→ See the full instructions on Metro's Voices page.

The National War Memorial in Ottawa SEAN KILPATRICK/THE CANADIAN PRESS

Stephen Harper

Courage personified

Prime Minister Stephen Harper marked the 100th anniversary of the start of the First World War.

The successes of Canadian soldiers on battlefields including Ypres, Vimy and Passchendaele spurred a sense of national pride and belief Canada could stand on its own.

"What it means to live mired in muck and disease, to fight through mud deep enough to drown a man, to lose thousands of lives in a single day, to gain what could be measured in yards … these things elude us still. We can only imagine their fear, their courage," Harper said.

THE CANADIAN PRESS

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This photo shows rescue workers on Monday at the epicentre of an earthquake that struck the town of Longtoushan in Ludian county, located in China's Yunnan province. THE ASSOCIATED PRESS

Quake leaves trail of devastation in Chinese county

Yunnan province.
At least 398 have died, over 1,800 are injured in impoverished Ludian county

Rescuers found scores of survivors on Monday as they dug through homes shattered by an earthquake of magnitude 6.1 in southern China that killed at least 398 people and injured more than 1,800. Rainstorms were expected to continue to hinder rescue efforts over the coming days.

About 12,000 homes collapsed when the quake struck Sunday afternoon in impoverished Ludian county, around 370 kilometres northeast of Yunnan province's capital, Kunming, the official Xinhua News Agency reported.

Rescuers digging in the debris by hand freed a five-year-old boy whose legs were injured, Xinhua reported. It also said firefighters rescued 32 people who had been trapped but had retrieved the bodies of 43 residents. Medics were reporting severe shortages of medicine and an inability to perform operations on the severely injured, while rescuers said their work had been hampered by continuous downpours and quake-triggered landslides, according to Xinhua.

Overhead footage of the quake zone shot by state broadcaster CCTV showed older houses flattened but newer multi-storey buildings still standing.

The quake struck at 4:30 p.m. on Sunday at a depth of 10 kilometres, according to the U.S. Geological Survey. China's earthquake monitoring agency put the magnitude at 6.5.

The central government has allocated 600 million yuan ($97 million) for rescue and relief work after the quake, the Finance Ministry said.

The national meteorological centre said the area near the centre of the quake would suffer thundershowers over the next three days.

THE ASSOCIATED PRESS

U.S. aid workers with Ebola improve thanks to new drug

Two American aid workers infected with Ebola are getting an experimental drug so novel it has never been tested for safety in humans and was only identified as a potential treatment earlier this year, thanks to a long-standing research program run jointly by the U.S. government and the military.

The workers, Nancy Writebol and Dr. Kent Brantly, are improving, although it's impossible to know whether the treatment is the reason or if they are recovering on their own. Brantly is being treated at a special isolation unit at Atlanta's Emory University Hospital, and Writebol was expected to be flown there Tuesday.

Both were infected while working in Liberia, one of four West African nations dealing with the world's largest Ebola outbreak. On Monday, the World Health Organization said the death toll had increased from 729 to 887 deaths in Guinea, Sierra Leone, Liberia and Nigeria, and that more than 1,600 people have been infected.

Nancy Writebol's son, Jeremy, holds a photograph of his mother and father, David, on Sunday. Nancy is one of two U.S. aid workers infected with the Ebola virus.
ORLIN WAGNER/THE ASSOCIATED PRESS

The experimental treatment the U.S. aid workers are getting is called ZMapp and is made by Mapp Biopharmaceutical Inc. of San Diego. In a statement, the company said it was working with LeafBio of San Diego, Defyrus Inc. of Toronto, the U.S. government and the Public Health Agency of Canada on development of the drug, which was identified as a possible treatment in January.

In a worrisome development, the Nigerian Health Minister said a doctor who treated Patrick Sawyer, the Liberian-American who died July 25, days after arriving in Nigeria, has been confirmed to have the disease. Tests are pending for three other people who also treated Sawyer and are showing symptoms. THE ASSOCIATED PRESS

Transmission of Ebola

The disease is not airborne, and only transmitted through contact with bodily fluids such as saliva, blood, vomit, sweat or feces.

- Doctors and other health workers on the front lines of the Ebola crisis have been among the most vulnerable to infection as they are in direct physical contact with patients.

Grand Canyon

Authorities investigate video

Authorities are looking into a viral Internet video that shows a man kicking a squirrel off what appears to be the edge of the Grand Canyon.

Park spokeswoman Kirby-Lynn Shedlowski said Monday that chances of finding the man are slim.

She couldn't say whether the video was a hoax. The video shows a shirtless man wearing a cowboy hat leaving a trail of food, putting on one of his shoes and then kicking the squirrel into the air. THE ASSOCIATED PRESS

Cat stuck in bird feeder

Man thwarting efforts to save cat

Searchers who have been trying to rescue a cat with a bird feeder stuck on its head in Brandon, Man., say their efforts to trap the hapless animal are being sabotaged.

The Brandon and Area Lost Animals group set traps baited with cat food, tuna and sardines, but they say a man in the neighbourhood has shined lights, clapped his hands and used other techniques to scare away the cat they have dubbed Butterscotch.

They say their traps have been found and purposely damaged.

Rescuers trying to save a Brandon cat with its head stuck in a small bird feeder say someone in town is sabotaging their efforts.
COLLEEN GAREAU/THE CANADIAN PRESS

They say volunteers have spotted a man at night moving around the traps and shining bright lights, but that he moves back onto his own property by the time police arrive. THE CANADIAN PRESS

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[1] TD Canada Trust received the highest numerical score among the big five retail banks in the proprietary J.D. Power 2006-2014 Canadian Retail Banking Customer Satisfaction Studies[SM]. 2014 study based on 17,183 total responses and measures opinions of consumers with their primary banking institution. Proprietary study results are based on experiences and perceptions of consumers surveyed May-June 2014. Your experiences may vary. Visit jdpower.com. [2] Ipsos Best Banking Awards are based on quarterly Customer Service Index (CSI) survey results, with an annual sample size of approximately 45,000 completed questionnaires yielding around 69,000 financial institution ratings nationally. All trade-marks are the property of their respective owners. ™ Trusted Brand is a trade-mark of Reader's Digest Association Canada ULC. ®The TD logo and other trade-marks are the property of The Toronto-Dominion Bank.

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Basic supplies running low in east Ukraine city

'Nightmare situation.' Conditions in Luhansk city described as more unsustainable by the day, as Ukraine-Russia conflict continues

Residents say the eastern Ukrainian city of Luhansk is dying, with the power grid completely down and supplies and fuel running low.

Store shelves are emptying fast, and those who haven't managed to flee must drink untreated tap water.

In an impassioned statement, Mayor Sergei Kravchenko described a situation that is becoming more unsustainable by the day.

A woman walks by a damaged school in Ukraine's Luhansk region.
DMITRY LOVETSKY/THE ASSOCIATED PRESS

"As a result of the blockade and ceaseless rocket attacks, the city is on the verge of a humanitarian catastrophe," Kravchenko said. "Citizens are dying on the streets.... Every new day brings only death and destruction."

Those choosing to stay behind to assist people in need are facing a desperate plight.

"Doctors can do nothing but cry. Every day, wounded people come in and we can't help them. We lack even basic medicines," said Fyodor Solyanik, a doctor in the Luhansk regional hospital.

Solyanik said patients due for long-planned operations are being sent home.

"This is a nightmare situation," he said. "It's not just medicine we don't have. We don't even have food and water."

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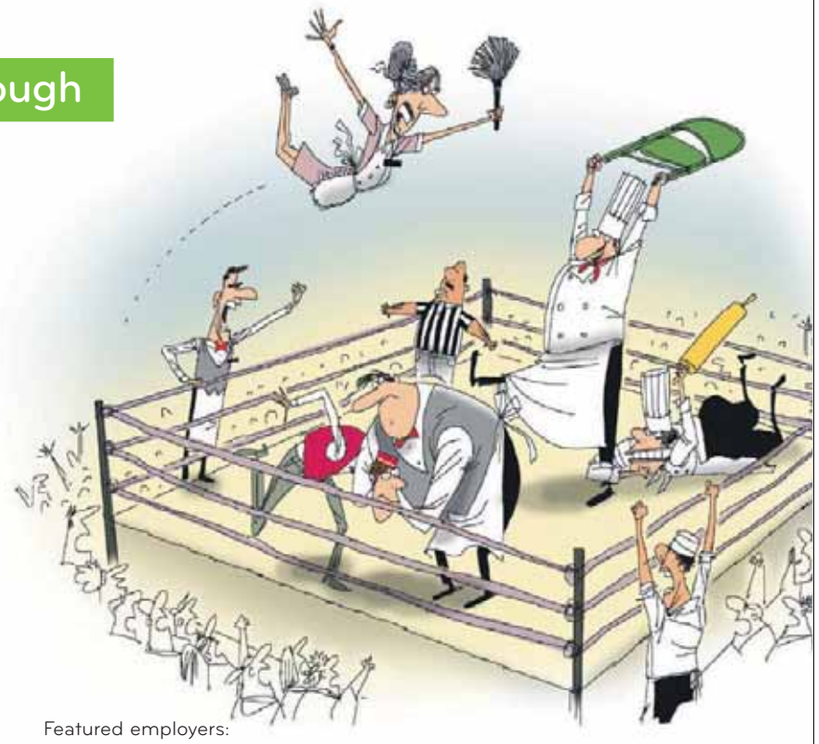

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Israel, Hamas accept ceasefire

72-hour truce. Agreement on Egyptian proposal could signal end to month-long war

Sabreen el-Tartour, of the Palestinian Centre for Human Rights, walks through a devastated area in Gaza City on Saturday. From the first day of Israel-Hamas fighting on July 8, human rights groups operating in Gaza have been collecting detailed information about the aftermath of a reported 4,600 or more Israeli strikes to lay the groundwork for future legal proceedings. DUSAN VRANIC/THE ASSOCIATED PRESS

Israel and Hamas on Monday accepted an Egyptian ceasefire proposal meant to halt a bruising month-long war that has claimed nearly 2,000 lives, signalling an end to the bloodiest round of fighting between the bitter enemies could finally be approaching.

After weeks of behind-the-scenes diplomacy, Israel and Hamas both announced late Monday that they had accepted the proposal for a preliminary 72-hour truce, beginning at 8 a.m. local time Tuesday. Egypt was then set to host indirect talks to work out a long-term truce over the next three days.

"At 8 a.m. local time tomorrow a ceasefire starts and Israel will cease all military operations against terrorist targets in the Gaza Strip," said Israeli government spokesman Mark Regev. "Israel will honour the ceasefire and will be watching to see if Hamas does, too."

A delegation of Palestinian officials from various factions, including Hamas, has been negotiating with Egypt in recent days. Hamas spokesman Fawzi Barhoum said the group had accepted the plan.

"It's clear now that the interest of all parties is to have a ceasefire," said Bassam Salhi, a member of the Palestinian delegation. "It's going to be tough negotiations because Israel has demands, too."

The war broke out on July 8 when Israel launched an air campaign in response to heavy rocket fire out of Hamas-controlled Gaza. Israel expanded the operation by sending in ground forces on July 17 in what it described as a mission to destroy a network of tunnels used by Hamas militants to stage attacks.

Several previous ceasefires have collapsed, including a similar plan for a 72-hour truce that broke down last Friday in heavy fighting. Both sides blamed the other. THE ASSOCIATED PRESS

War crimes

Will allegations stick this time?

In a replay of the last major Gaza conflict, human rights defenders are again accusing Israel and Hamas of violating the rules of war, pointing to what they say appear to be indiscriminate or deliberate attacks on civilians.

In 2009, such war crimes allegations levelled by UN investigators — and denied by both sides at the time — never came close to reaching the International Criminal Court.

Some Palestinians hope the outcome will be different this time, in part because President Mahmoud Abbas, as head of a UN-recognized state of Palestine, has since earned the right to turn directly to the court. THE ASSOCIATED PRESS

Death toll rises in Azerbaijan-Armenia conflict

Azerbaijan and Armenia on Monday both reported more losses in a sharp escalation of fighting over the South Caucasus region Nagorno-Karabakh, with 18 soldiers now confirmed dead.

The Azerbaijani region and some adjacent territory have been under the control of Armenian soldiers and ethnic Armenian local troops since the end of a six-year separatist war in 1994. Both sides report frequent shootings and attempted incursions along the ceasefire line, but the latest outbreak of fighting has been the worst in many years.

Russia, the United States, the European Union and the UN secretary-general have all expressed concern and urged both sides to respect the ceasefire.

Azerbaijan's Defence Ministry said Monday that 13 soldiers were killed in the fighting that spiked over the weekend, while Nagorno-Karabakh's armed forces said five of its soldiers were killed.

It was not immediately clear what set off the latest violence between the former Soviet republics, with each side accusing the other of being the aggressor.

Armenia's prime minister said the presidents of the two countries were expected to meet at the end of the week in Sochi, Russia, although this has not been confirmed by Azerbaijan. Russia's foreign minister said the presidents of Armenia and Azerbaijan would have separate meetings in Sochi with Russian President Vladimir Putin. THE ASSOCIATED PRESS

A convoy of Azerbaijan's army tanks. ABBAS ATILAY/THE ASSOCIATED PRESS

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Date-rape drug detector coming to a bar near you?

pd.id. Creators say prototype can identify chemical signatures for drugs commonly used in sex assaults

Dip before you sip. That may be one answer to fighting sex crime while out at the bar, according to the makers of a new pocket-sized date-rape drug detector.

Called pd.id, or Personal Drink ID, the prototype device is roughly the size and shape of a USB drive. But instead of storing your documents, it houses drug-detection hardware and a database of chemical signatures for common date-rape drugs.

The device can be dipped into a beverage and, within seconds, return a verdict on the presence or absence of date-rape drugs, warning the user via its LED display.

The prototype is the brainchild of David Wilson, a Toronto-area native who came up with the idea while developing cancer-scanning technology for use in hospitals.

Wilson said pd.id, in combination with a smartphone, will be able to tell users exactly what their drink has been spiked with and can even call the user's phone with a recorded message, giving a potential victim an opportunity to get out of the situation.

TORSTAR NEWS SERVICE

Raising cash

By Monday afternoon, an Indiegogo funding drive to get pd.id out into the market, which ends Aug. 29, had raised nearly $18,000 of a planned $100,000 target.

The battery-powered pd.id device purports to work by running three kinds of simultaneous tests on the beverage, studying ultraviolet light, temperature and electrical current responses. TODD COYNE/FOR TORSTAR NEWS SERVICE

Bangladesh. 44 survive after ferry capsizes, but hundreds may be dead

A passenger ferry carrying hundreds of people capsized Monday in central Bangladesh, killing at least two people and probably many more as horrified villagers watched from the shore, authorities said.

It was unclear exactly how many people were on board the M.V. Pinak because ferry operators in Bangladesh rarely maintain passenger lists. Local media said there were about 250 passengers, but the figure could not be immediately confirmed.

Azizul Haque, who was among at least 44 people who survived by swimming to shore, said he jumped overboard when it became clear the ferry was going down.

"The ferry went out of control due to wind and current, tilting from one side to the other," Haque, 30, said. "Then the captain jumped out because he probably understood it was sinking. The river was rough, and there were many passengers on board."

The ferry capsized in the Padma River in Munshiganj district, about 44 kilometres south of the capital, Dhaka.

More than four hours after the ferry capsized, authorities said they were still waiting for a larger vessel needed to launch a proper rescue operation. Local police officer Khalid Hossain said two bodies had been recovered so far.

THE ASSOCIATED PRESS

People gather on the banks of the River Padma after a passenger ferry capsized in Munshiganj district, Bangladesh, Monday.

A.M. AHAD/THE ASSOCIATED PRESS

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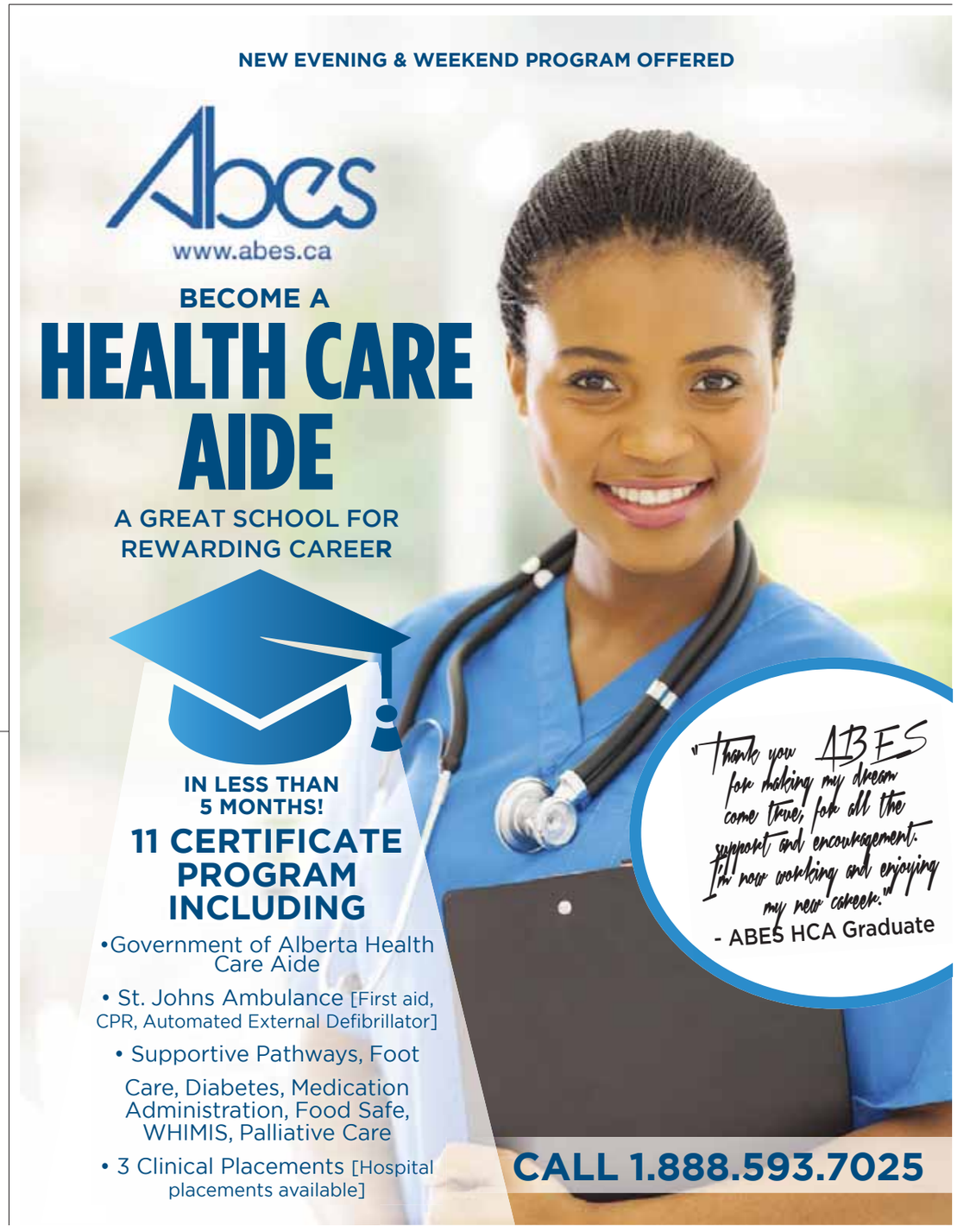
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American jailed in Cuba since 2009 bids his family goodbye

Secret mission. Alan Gross was arrested in 2009 while working covertly to set up Internet access in Cuba

A lawyer for an American man who has spent four years imprisoned in Cuba said Monday that his client cannot take life in prison much longer and has said his goodbyes to his wife and a daughter.

Alan Gross' attorney, Scott Gilbert, said in a statement Monday that his client "has withdrawn" and told him "life in prison is not a life worth living." Gross has previously said through his lawyer that his 65th birthday, in May, would be the last one that he "celebrates in Havana, one way or the other."

Gross said goodbye to his wife and youngest daughter during a visit in July. Gross, who lived in Maryland before his arrest, had previously told his two daughters not to come see him in prison.

Now, Gross has stopped exercising and his health is not good, said Gilbert. His hips are failing and he has lost most of the vision in his right eye. Gross' "emotional deterioration has been severe," Gilbert said, particularly following the death in June of his 92-year-old mother.

The statement from Gross' lawyer came as an Associated Press investigation found the Obama administration deployed young people to the island to stir political dissent under the guise of civic and health programs, putting those foreigners in danger.

THE ASSOCIATED PRESS

Cuban mission

At the time he was arrested, Alan Gross was working as a subcontractor for the U.S. government's U.S. Agency for International Development, which promotes democracy in Cuba.

- Gross had travelled repeatedly to Cuba on a mission to expand Internet access using sensitive technology typically available only to governments, a 2012 AP investigation found.
- Cuba considers USAID's programs illegal attempts by the U.S. to undermine its government, and Gross was tried and sentenced to 15 years in prison.

Sweden battles forest fire 'worst in history'

A helicopter dumps its load of water on a wildfire just outside the evacuated village of Gammelby near Sala, Sweden, Monday. The fire is in its fifth day and firefighters believe it will burn for weeks or even months. It is classified as the worst forest fire in Sweden's modern history.

FREDRIK SANDBERG-TT NEWS AGENCY/THE ASSOCIATED PRESS

Abortion clinics. Law is unconstitutional: Judge

A U.S. state's law restricting doctors at abortion clinics is unconstitutional because it would unduly hamper women's ability to obtain the medical procedure, a federal judge ruled Monday.

Judge Myron Thompson, in a 172-page opinion, said Alabama state lawmakers exceeded their authority when they passed a law last year requiring doctors at abortion clinics to have hospital admitting privileges.

The case is the latest in the decades-long struggle by some social conservatives to chip away at a woman's constitutional right to have an abortion. The issue remains one of the country's most sensitive, politically and otherwise, with various challenges in a number of states.

THE ASSOCIATED PRESS

Denver. Bar can't refuse man in drag: Watchdog

Colorado regulators say a Denver gay bar discriminated against a man when a bouncer denied him entry last year because he was in drag.

The civil rights division of the state's Department of Regulatory Agencies has ordered the Denver Wrangler to resolve the dispute with Vito Marzano, a gay man who was wearing a dress and wig when he went to the bar Aug. 31, 2013.

The order obtained Monday says the bouncer turned Marzano away because his appearance didn't match the one on his driver's licence. But regulators determined that the bar wrongly favours those with a masculine appearance because its dress code bars high heels, wigs and perfume.

THE ASSOCIATED PRESS

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Debate turns physical in Turkish parliament

Legislators from Prime Minister Recep Tayyip Erdogan's party and the opposition Nationalist Action Party brawl inside parliament in Ankara, Turkey, on Monday. The two sides debated whether Turkey should open an inquiry into Islamic militants joining the fighting in Iraq and Syria using the Ankara. The fist fight injured three legislators and forced the speaker to adjourn debate for the day. THE ASSOCIATED PRESS

Turk women miss punchline

Women's rights activists and legislators have filed a legal complaint against Turkey's deputy prime minister who said last week that women should not laugh aloud in public.

Legislator Aylin Nazliaka said the complaint was filed with court officials in Istanbul on Monday, accusing Deputy Prime Minister Bulent Arinc of violating charters on gender discrimination and allowing women to become "targets" of possible violence.

The complaint is not expected to lead to legal action, but Nazliaka said women have sent the message that Arinc's comments are not acceptable.

THE ASSOCIATED PRESS

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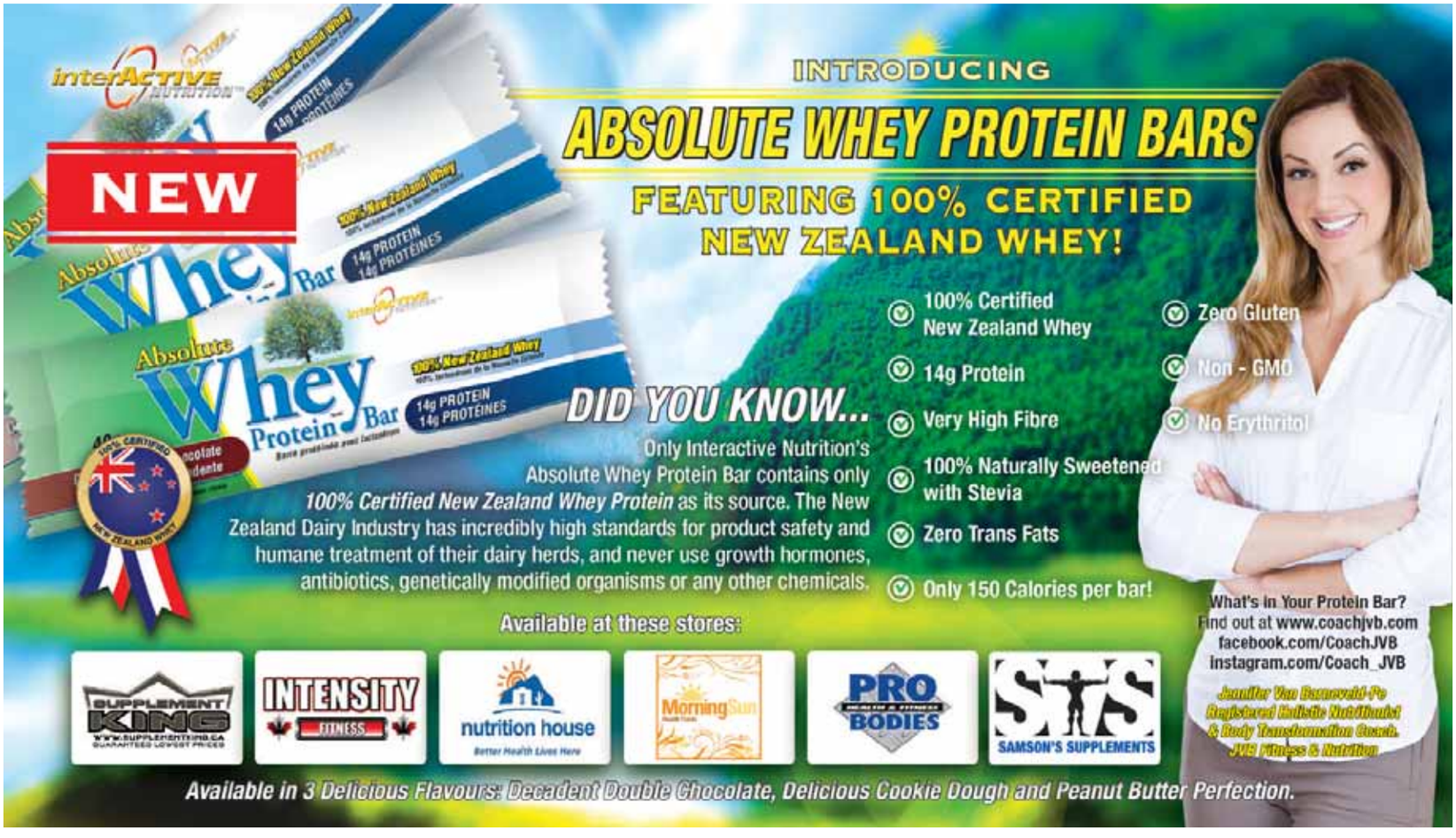
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Unpaid wages, damages

LinkedIn to pay $6M in overtime

The professional networking service LinkedIn has agreed to pay nearly $6 million US in unpaid wages and damages to 359 current and former employees.

The U.S. Department of Labor said Monday that an investigation found LinkedIn in violation of overtime and record-keeping rules that are part of the federal Fair Labor Standards Act. THE ASSOCIATED PRESS

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Algae in Lake Erie. Tap water ban lifted in Ohio, Michigan after two days

Two days after warning some 400,000 people in Ohio and Michigan not to drink their tap water, the mayor of Ohio's fourth-largest city declared on Monday that the water was now safe and took a sip.

Toledo lifted the advisory after dozens of tests over the weekend showed an algae-induced toxin contaminating Lake Erie had dropped to safe levels following intensive chemical treatments.

A sample glass of Lake Erie water on Sunday. THE ASSOCIATED PRESS

"Families can return to normal life," said Mayor D. Michael Collins. THE ASSOCIATED PRESS

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Visits from city mice keep country mice in business

Bloomery Plantation Distillery employee Allison Manderino, 28, hands out samples of SweetShine in its tasting room in Charles Town, W. Va., this summer. With its sweet fruit-flavoured liqueurs, a working farm and eccentric cast of characters — including a dancing lemon — Bloomery Plantation Distillery has attracted tourists from every U.S. state and countries as far away as Laos and Iceland. The West Virginia mini-distillery is part of a growing agriculture tourism trend that advocates say can help revive struggling rural economies. Ag tourism refers to working farm enterprises geared to visitors, encompassing farm stands, pumpkin patches, barn dances, zip-line rides, pick-your-own berries, corn mazes and even weddings. CLIFF OWEN/THE ASSOCIATED PRESS

Is free shipping a game-changer?

'This means war.'
Walmart fired a shot across the bow in the battle to win customers when it offered free delivery across Canada

When Walmart Canada introduced free shipping on all online purchases last year, it was a clear message to its rivals that it was gearing up for a fight.

Craig Patterson, an analyst who runs the online news magazine Retail Insider, said the move by one of the world's largest retailers was bold, setting a new standard in going the extra mile for consumer dollars.

"This means war. It's a declaration of war, no question," he said from Vancouver.

For the last few years, retailers in Canada have been waging a battle to set themselves apart, as entrants such as U.S. giants Target and Nordstrom arrive to compete for the same customers.

"What this comes down to is building trust with the customer," said Patterson.

"Walmart knows that if they offer free shipping, they are coming out punching. When someone like Walmart does it, there is going to be scramble from other retailers to see how they can compete either by adding extra value, better customer service."

While a behemoth retailer like Walmart may be able to absorb the costs of shipping, it would be a challenging task for smaller retailers to be able to offer the same without raising prices, he said.

In a bid to win young customers online retailer Amazon has also recently started offering unlimited free shipping — but only for six months to students in Canada. THE CANADIAN PRESS

True North strong and big

Retailers have long struggled with free shipping in Canada, given the size of the country and the cost of shipping quickly to remote areas.

- The compromise, it seems, is to offer free shipping on minimum purchases, which can offset some of those costs.

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Jessica Napier
metronews.ca

As much as I like to imagine myself as the Carrie Bradshaw of the North, it's actually impossible for a writer to earn a living on a once-a-week newspaper column. And so, unlike my fictional Manolo Blahnik-wearing counterpart, I actually have a "real" job.

In fact, today is my first day at a new job. After four years at my previous company I had finally learned how to use the photocopier on my own, so of course it was time for me to leave.

It's a thrilling thought, starting over in an entirely new role at a new workplace. It's a time for optimism and new beginnings. Today feels a bit like New Year's Eve and the first day of school all rolled into one. It's both incredibly exciting and horribly nerve-wracking.

I'm worried about the job itself, of course, and whether or not I'll be able to meet the professional expectations of my employer. But there are also a thousand other tiny things to fret over when you disrupt your daily routine and start out somewhere unfamiliar. Where will I go for lunch? What should I wear? Will I annoy my new cubicle mates with my loud, crunchy, mid-morning snacks?

In his bestselling book The First 90 Days, Harvard University professor and leadership expert Michael D. Watkins notes, "the first three months in a new position are fraught with peril — and loaded with opportunity."

As with any adjustment period, starting a new job can be disorienting and overwhelming at first. Most of us feel compelled to prove ourselves the moment we step through the door. It's only natural to want to take action right away in order to impress our supervisors and co-workers.

But Watkins explains that new hires shouldn't be so concerned with doing things and should instead focus on listening. He recommends taking an anthropological approach and trying to learn as much as possible about the politics and culture of the organization.

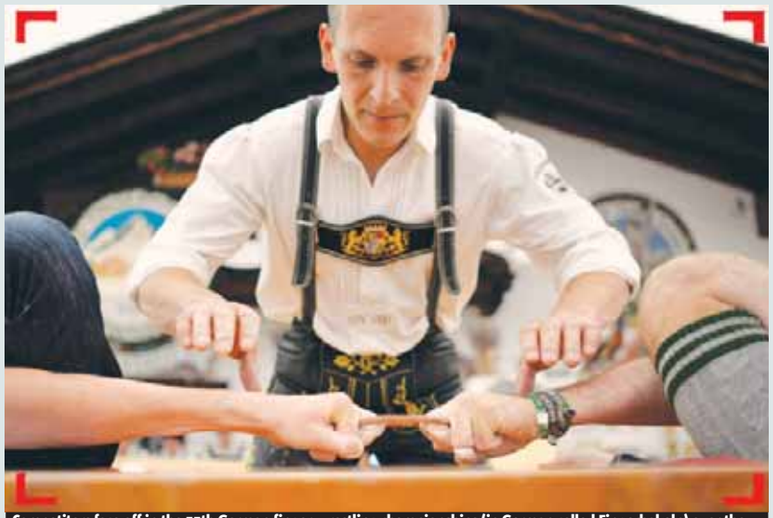
Every office comes with its own unique set of guidelines; some are mundane and unspoken, while others are more formal and codified.

As a newbie, it's your goal to familiarize yourself quickly with the rules — both the subtle and the explicit — that govern the day-to-day activities of your environment. Otherwise, finishing a pot of coffee without making a new one or hitting "Reply All" on your response to an intraoffice memo could make you a workplace pariah right off the bat.

Your first days in a new job are for establishing relationships, asking a few too many questions, and learning how to navigate an unfamiliar office.

Yes, you'll probably feel a bit foolish asking a fellow grown adult where the bathroom is or what time you should eat lunch, but it's all part of the learning curve.

FINGERHAKELN



Competitors face off in the 55th German finger-wrestling championships (in German called Fingerhakeln) over the weekend in Garmisch-Partenkirchen, Germany. For more finger-pulling photos, scan this photo with your Metro News app. ALL PHOTOS PHILIPP GUELLAND/GETTY IMAGES

No, we're not pulling your finger, but these German wrestlers are pulling each other's

Hundreds of lederhosen-clad men competed in the 55th German Finger Wrestling Championships in Garmisch-Partenkirchen, southern Germany, this weekend.

In the traditional Alpine sport, two competitors matched in age and weight sit across from one another at a table and pull a small leather band with one finger until one player has pulled the other across the table.

The sport is taken very seriously in Bavaria and Austria. Wrestlers build up their finger muscles by lifting weights with one finger and doing one-fingered pull-ups.

Injuries are not uncommon at the event; competitors have been known to dislocate or break their fingers.

Finger wrestling (or Fingerhakeln in German) is thought to have originated in the 17th century as a way of settling disputes in Alpine countries.

IBTIMES.CO.UK

It's not funny

Anyone who thinks Fingerhakeln is some kind of amusing time-waster Bavarians engage in after a few too many beers at the village inn is very mistaken. Practitioners take it very seriously.

- Some wrestlers crush tennis balls with their hands; others will do pull-ups with only their middle fingers; and some have even been known to make their digits lift weights of up to 50 kilograms.

SPIEGEL.DE

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MetroTube

Canada cannot live on yule logs alone

ANDREW FIFIELD
andrew.fifield@metronews.ca

The Slow TV movement — whether it's six- day ferry rides through Norwegian fjords or a marathon knitting session — is one of the European trends we find ourselves gazing lovingly at from across the ocean ... especially since our yearly yule log obsession suggests a deep Canadian appetite for languid, determinedly ordinary programming. The French are not content with such simple things, though. In March, a French channel aired Tokyo Reverse, nine hours of a man walking backward through Japan's character-choked capital. Clearly, it's past time we demanded some action from our creators on the Slow TV front. (France 4/YouTube)

SCREENGRAB

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DVD review

Twin Peaks

Creators. Mark Frost, David Lynch

Stars. Kyle MacLachlan

●●●●○

Nothing's ever been simple or straightforward about Twin Peaks, the 1990s cult hit TV series (and later flop movie) that made David Lynch and co-creator Mark Frost woodland authorities on owls, coffee, damn fine pie and ritual murder in the Pacific Northwest. After dazzling viewers in its debut year, the show's second (and final) season succumbed to a surfeit of characters and a shortage of logic. Things got worse with Twin Peaks: Fire Walk With Me, the 1992 film that further muddled the central mystery of the death of high schooler Laura Palmer. This Blu-ray set goes a long way to righting wrongs. Best of all is what the set does for Fire Walk With Me. It adds nearly 90 minutes of deleted/alternate scenes that considerably improve the film, including adding some back story for David Bowie's crazed FBI character. **PETER HOWELL**

Love thy neighbour, advises Helen Mirren

The Hundred Foot Journey. Oscar winning actress talks about her latest role in a tale of two chefs

JOEL AMOS
Metro in Hollywood

Helen Mirren plays a French restaurant owner unimpressed by her new Indian restaurant neighbour. CONTRIBUTED

If it isn't clear by now why Helen Mirren loves to work in films, then it should be.

One might think winning the Oscar would be justification, but it seems it is a little simpler than that. "Why do you think we become actors? We get our best lines written for us," Mirren explains. "We look intelligent. We look witty and we don't really have to do anything but say the words."

Mirren is at it again in The Hundred Foot Journey, in which she plays the owner of a Michelin-starred restaurant who is less than thrilled when an Indian restaurant opens across the street to her legendary southern France bistro. The real joy for Mirren, she insists, is finally getting to work with legendary Indian actor Om Puri, playing the Indian family's patriarch.

As famous as she is, he matches her in fame and talent in his own country, in Pakistan and in her native England.

"Om and I just naturally fell into a rhythm together. That was very easy for both of us. Because we knew of each other's work, we had enormous respect for each other," Mirren says. His off-screen persona, it seems, was not too far off from the one he portrayed onscreen.

"He would cook Indian food for everyone and make a family feeling on the set. He created this little family who come to France. He was brilliant."

If there was any message Mirren wants audiences to take away from the film, it's one that dates back thousands of years. "Love thy neighbour," she says. "That's the hardest — much more difficult than do not covet thy neighbour's wife! That's easy. Love thy neighbour is difficult and it's the most important."

AUGMENTED REALITY

→ Scan this photo with your Metro News app for a video of Steven Spielberg and Oprah Winfrey sampling The Hundred Foot Journey.

→ See the full instructions on Metro's Voices page.

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Paquin proves to be model of patience

Sometimes you have to tell Larry King something multiple times for it to sink in. Take, for example, True Blood star Anna Paquin's sexuality. During a recent interview, King peppered Paquin with some rather direct questions, starting with, "Are you a non-practising bisexual?" To which the ever-patient Paquin responded, "Well, I am married to my husband (Stephen Moyer), and we are happily, monogamously married." King wouldn't let it rest there, though, and followed up with: "But you were bisexual?" OK, Larry. Here goes: "I don't think it's a past-tense thing," Paquin patiently explained.

"Are you still straight if you are with somebody? If you were to break up with them or if they were to die, it doesn't prevent your sexuality from existing. It doesn't work like that." All in good fun, right? Until King finally ended that section of the discussion with a creepy aside that he'd "stop with wishful thinking."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

50 Shades of Orange: Lohan looking for a pal to help pen tell-all book

NED EHRBAR
Metro in Hollywood

There might be hope for the publishing industry yet, as Lindsay Lohan "held meetings at major publishing houses in London recently" to discuss a salacious tell-all book, according to the Sun. "The stories she promised the literary agents made their jaws drop. She's prepared to put everything out there, and has already proved she's not shy with the list of men she claims to have slept with," a source teases. But here's the thing: How can she be prepared to put everything out there when she's already, you know, put everything out there?

Lohan is not exactly an enigma wrapped in a mystery wrapped in a Passages Malibu sweatshirt. The real surprise of this book — should it ever actually materialize — will be what new information about her life she could possibly divulge. But hey, more power to you, Lindsay. Oh, and she's apparently got some pretty lofty goals as far as ghost writers go: "It may seem unlikely, but she thinks she's in with a shot at getting (50 Shades of Grey author) E.L. James to work on it," the source says. "Another pie in the sky idea was that she might persuade J.K. Rowling to work with her." Now that I'd pay good money to see.

Jay-Z and Beyoncé

Will Jay-Z and Beyoncé's On the Run tour reach an untimely finish line?

More rumours of marital trouble for Jay-Z and Beyoncé are swirling, this time with sources suggesting the couple's union might not last as long as their current concert tour. "I'm definitely not sure that they'll make it to Paris," a source tells Page Six, referring to their On the Run tour's planned finally in September. "They're not just staying in different hotel rooms, but they have booked separate hotels and they arrive separately to each show." The couple reportedly held an emergency meeting last week with concert promoter Live Nation and at least four lawyers to figure out how to keep the tour on track despite their imploding marriage.

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LIFE 3

Replace fatty beach bites

Nutritional therapist Gabriela Peacock recommends the best foods to pack in your cooler. And no, ice cream, soda and chips are not on her list.

ROMINA MCGUINNESS
Metro World News in London

POPCORN (AIR POPPED, 1 CUP)
Total calories: 31
Total fat: 0 g

WATERMELON (BALLS, 1 CUP)
Total calories: 46
Total fat: 0 g

JALAPEÑO STUFFED GREEN OLIVES (5)
Total calories: 30
Total fat: 4 g

HUMMUS WITH PITA BREAD (1 CONTAINER)
Total calories: 225
Total fat: 13 g

ORANGE (1 LARGE, 340 g)
Total calories: 90
Total fat: 0 g

CHICKEN MAYO SANDWICH
Total calories: 329
Total fat: 11 g

COCONUT WATER (VITA COCO, 250ml)
Total calories: 45
Total fat: 0 g

ALMONDS (RAW, 10)
Total calories: 69
Total fat: 6 g

PINEAPPLE (DICED, 1 CUP)
Total calories: 74
Total fat: 0 g

TABBOULEH (1 CUP)
Total calories: 165
Total fat: 9 g

ROASTED PUMPKIN SEEDS (1 TBSP)
Total calories: 83
Total fat: 5 g

APPLE (1) & PEANUT BUTTER (2 TBSP)
Total calories: 270
Total fat: 16 g

VEGGIE AND BROWN RICE SALAD BOWL (1)
Total calories: 250
Total fat: 6 g

PLENISH CLEANSE SWEET SEXY GREEN JUICE (1)
Total calories: 23
Total fat: 0 g

CARROT AND CELERY STICKS (1 CUP)
Total calories: 70
Total fat: 0 g

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OKOTOKS NISSAN

Dinner in 20 minutes and two simple steps

This recipe serves four. THERESA ALBERT

Georgian Bay Salmon.

This is one fish you can't go wrong with thanks to its simple-to-enhance flavour

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I am pretty sure you can make this salmon on any barbecue anywhere in the world, but I had it made for me by a friend on the most glorious day on Georgian Bay, Ont.

Funny how food can imprint a memory on your tongue and heart just as music can on your soul.

This recipe takes two steps and 20 minutes, so I encourage you to cook more than one and save the second for a salad the next day.

Ingredients

- 1 side of salmon
- 1 tsp of lemon pepper
- 1 tbsp butter
- 2 cloves garlic, peeled and sliced

1. Sprinkle lemon pepper and spoon butter over salmon laid on a large piece of foil. Top the fish with garlic and wrap tightly into a packet.

2. Place fish on the barbecue and bake for 20 minutes with lid down.

While the grill is on, prepare some of these foods in advance for the rest of the week. Use them willy-nilly in salads and sandwiches to spice up your routine.

- Grill an extra side of salmon.
- Slice and grill thick rings of red onions.
- Bake extra potatoes to fill with cream cheese to re-bake as sides or slice into a pan to make home fries or add to broth with chives and purée into soup.
- Bake sweet potatoes and mash; warm in microwave to use in muffin mixes.
- Grill Haloumi cheese to use in sandwiches.
- Grill green onions and cut into grilled cheese for a smoky flavour.
- Make foil packets of mixed berries, add a dab of butter and cinnamon, use to top yogurt or ice cream.
- Buy pepper on sale and grill then freeze for use all winter or cover with extra virgin olive oil and vinegar for antipasto platters.

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SPORTS 4

Raonic-Pospisil final bodes well

Good omen. Citi Open decisive match could be a sign of even better things to come

Before Milos Raonic and Vasek Pospisil were born, a generation of Swedes led by Stefan Edberg, Bjorn Borg and Mats Wilander swept the tennis world.

Now it might be Raonic and Pospisil's turn to do the same as Canadians.

"I think there's a chance now with the guys in Canada here that they can do the same journey," Edberg said. "It should be a very exciting time for Canadian tennis going forward now."

Considering Raonic's defeat of Pospisil Sunday in the Citi Open was the first all-Canadian final in the history of the men's tour, this journey is just getting started.

What the match also illustrated is that Pospisil has a ways to go to catch up with Raonic, even though he's showing evidence of following him up the rankings.

Pospisil, who will face Richard Gasquet in the first round of the Rogers Cup on Tuesday, is ranked 27th in the world after reaching his first ATP final.

Raonic is back up to his career high of sixth after winning his sixth title.

"For me, just seeing him, growing up with him and beating him when we were younger just motivated me a little bit and feeling I could do it, too," Pospisil said Monday. "I have a lot of areas of my game that I need to work on and fully develop to reach the top 10."

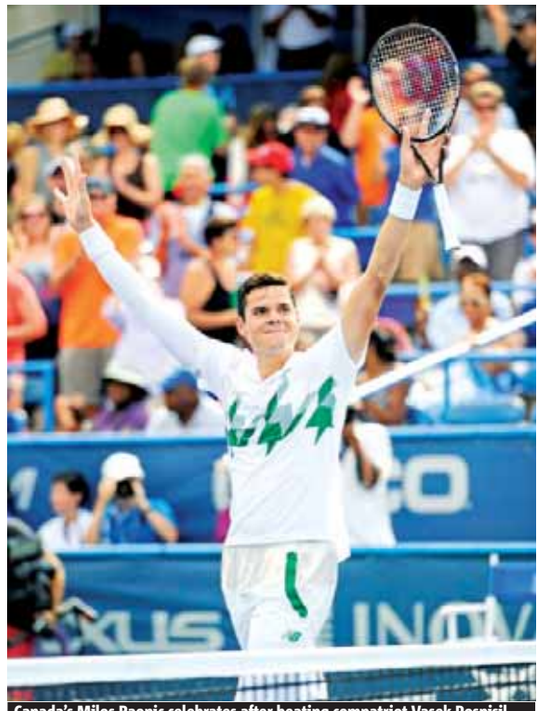
Raonic is still the standard for Pospisil and this new generation of Canadian men's tennis players, but the Vancouver native is making strides, especially recently.

THE CANADIAN PRESS

First all-Canadian final

"The fact that I was playing another Canadian, Milos, made it more special for sure."

Vasek Pospisil about meeting Milos Raonic in the Citi Open final last Sunday.



Canada's Milos Raonic celebrates after beating compatriot Vasek Pospisil at the Citi Open final in Washington Sunday. NICK WASS/THE ASSOCIATED PRESS

Badminton gold, that is

Michelle Li won gold in women's singles badminton at the Commonwealth Games, Sunday in Glasgow, Scotland. Scan the image with your Metro News app to view a gallery of the closing ceremony. ALEX LIVESEY/GETTY IMAGES

CFL

Als look to Garcia to renew offence

The Montreal Alouettes have added another big name to their coaching staff in an effort to revive their struggling offence.

The team announced Monday that former CFL and NFL quarterback Jeff Garcia has joined the organization.

The club said it has yet to decide on a specific role for Garcia, but the four-time CFL all-star and NFL Pro Bowl selection will certainly be counted on to try and turn around an offence that has scored a league low 75 points so far this season.

THE CANADIAN PRESS

Junior hockey. Top NHL entry draft pick Aaron Ekblad leads by example

Aaron Ekblad says no one has a right to expect a spot on Canada's world junior roster — even those players returning for a second tour of duty.

The first overall pick in this summer's NHL entry draft said that a fourth-place finish at last year's world junior championship means everyone vying for a spot on the Canadian squad to play on home soil later this year is on equal footing — himself included.

"There's something left on the table," said Ekblad of the opportunity squandered in Malmo, Sweden, that ended abruptly with a bronze-medal-game loss to Russia.

"Obviously we're coming into this with positivity, but we lost last year," added Ekblad, a defenceman for the Ontario Hockey League's Barrie Colts. Head Coach Benoit Groulx says that's what he wants to hear.

"That's the attitude we like. He's coming here as the first pick overall and he's first on every drill and he's probably the hardest working player on the ice," said Groulx, who served as an assistant coach for Canada in Sweden.

THE CANADIAN PRESS

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metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Even if you are one of those rare Aries who tend to see the glass as half empty rather than half full you will be positive in everything you do over the next 24 hours.

♉ Taurus
April 21 - May 21
Why are you acting as if you have no choice in what you are expected to do? You always have a choice. Take responsibility.

♊ Gemini
May 22 - June 21
Everything, and everyone, has a light side and a dark side. Make it your aim to encourage the light side today.

♋ Cancer
June 22 - July 23
You will know in a flash what it is you have to do. After that it is up to you: You can accept the challenge and be special, or you can reject it and be mediocre like so many others.

♌ Leo
July 24 - Aug. 23
Today's cosmic influences will help you to view the world with eyes that see deeper and farther than most other people. What you discover will astound and delight you.

♍ Virgo
Aug. 24 - Sept. 23
There may be an element of risk in what you are planning to do but that won't worry you. The closer you are to the edge the more alive you feel.

♎ Libra
Sept. 24 - Oct. 23
If your instincts tell you to go for something you must not hesitate for even a moment. There is glory at stake and you must not let it pass you by.

♏ Scorpio
Oct. 24 - Nov. 22
Authority figures will be impressed by your ability not only to get things done but to get along with a wide range of people while doing it.

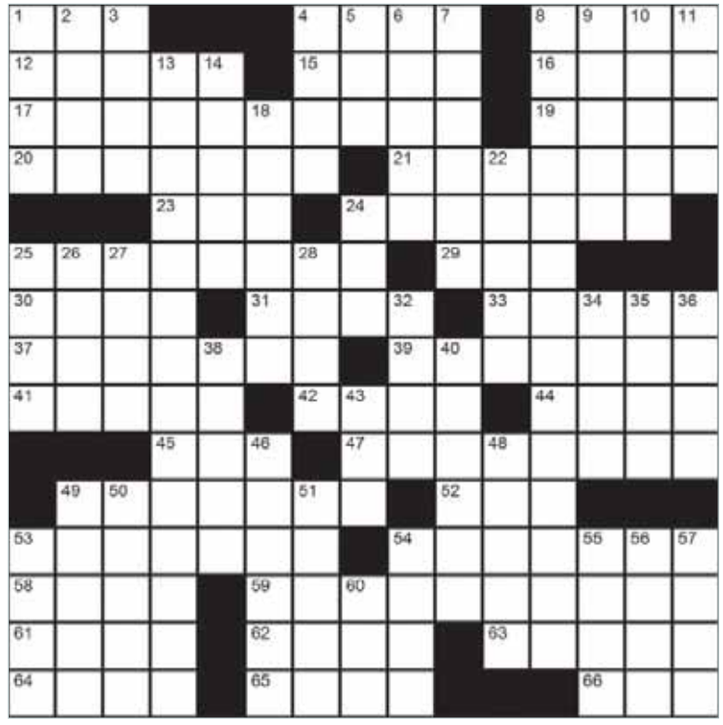
♐ Sagittarius
Nov. 23 - Dec. 21
You can and you must do something out of the ordinary. Whatever you do it will be a huge success, so what are you waiting for?

♑ Capricorn
Dec. 22 - Jan. 20
You are more likely to find answers to your problems if you if you get creative. Get some input from loved ones and relatives, too. You don't have to do it all on your own.

♒ Aquarius
Jan. 21 - Feb. 19
Fate will point you in a new direction over the next few days and if you are wise you will go with the flow. The powers that be will always protect you.

♓ Pisces
Feb. 20 - March 20
The current cosmic picture makes it easy for you to boost your status and your earning power, but it won't just happen as if by magic — the effort must come from you.

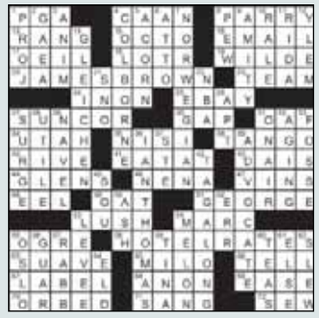
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Mount Royal's li'l locale
4. Spaghetti sauce brand
8. Throw
12. "Don't mind __ __!"
15. Rosey __ (Global News anchor)
16. Italian harp
17. 1970 Anne Hebert novel that shares the name of the Quebec village where it is set
19. Paths, puny-ly
20. Warned
21. "2001: A Space Odyssey" (1968) director Stanley
23. Pas' partners
24. The __ (British band with a 1967 hit sharing #8-Down's first name)
25. 100th Anniversary of 1914 start of this World conflict: 2 wds.
29. Freelancer's encl.
30. Garner
31. Approximation
33. Cereal company
37. Best example
39. Canadian Forces base community in Southern Ontario
41. __ off (fend/fight)
42. Alaskan city
44. "Glee" actress Ms. Rivera
45. 'Lact' suffix
47. NS: Cape Breton Highlands hiking-to-spot, __ Cove
49. Dire Straits' "__ of Swing"
52. will._.__
53. Earnest
54. Does workshop updating
58. Peruvian empire
59. Vintage-clothes-buying venue: 2 wds.
61. Human/goat forest deity
62. Angry cat sound
63. Composition
64. Jackson 5 member
65. Dilbert comics intern
66. Switch selections

Down
1. "Grace Kelly" singer
2. Non-stick frying pan
3. Green fruit
4. Canadian skiing legend Ken
5. Magazine pages, e.g.
6. Michael Douglas' "Wall Street" (1987) role, Gordon __
7. Moving day trucks
8. Burnaby, BC born actress of 'Matrix' movies: 2 wds.
9. "Glee" character
10. Eyeglasses, fun-style
11. Chore
13. Mount Edziza in BC, for one: 2 wds.
14. Lash __ __ (Chide)
18. Cross the pool again
22. Canadian dancer/singer Mr. McGrath
24. Charlemagne's realm [acronym]
25. Gollies
26. Transfixed
27. 'Ranch' suffix
28. Yemeni port
32. Prefix with 'sphere'
34. RBI, e.g.
35. Country's Mr. Axton
36. 'Tsar' suffix (Russian empresses)
38. West: Spanish
40. Alleviation
43. Photo __ (PR events)
46. Singer Ms. Kitt
48. Coffee serving
49. Bible: Mount __
50. __ diamonds
51. Grape soft drinks Radar liked on "M*A*S*H"
53. __ the flour
54. Hazard
55. Bjork hit: "It's __ __ Quiet"
56. Bank __
57. Donald Sutherland/Elliott Gould spoof flick, "_*_*_*_" (1974)
60. '70s record label

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2				9		1	3	5
					6			4
		3		2	8	7		
6				3	9	5		
		9	7	4				8
		7	6	8		4		
5			2					
1	8	4		5				6

Friday's Sudoku

9	5	4	3	8	2	7	1	6
8	3	7	1	6	4	5	9	2
2	6	1	7	9	5	4	8	3
4	7	5	6	2	9	1	3	8
3	2	8	5	4	1	6	7	9
6	1	9	8	3	7	2	5	4
5	4	3	9	7	6	8	2	1
1	9	6	2	5	8	3	4	7
7	8	2	4	1	3	9	6	5

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